

10 coping strategies for your IBS - Candor



Managing Irritable Bowel Syndrome (IBS) effectively requires a comprehensive and proactive approach, moving beyond the common misconception that little can be done to alleviate symptoms. A key strategy is to embrace a variety of coping mechanisms, including dietary modifications, stress management, and choosing empathetic healthcare providers, as highlighted by the National Institute for Diabetes and Digestive and Kidney Diseases and research published in the World Journal of Gastroenterology.

Firstly, it's vital to challenge the notion of helplessness by exploring various strategies that can ease symptoms, such as adjusting your diet and managing stress levels. Avoid overly restrictive diets, which can lead to nutritional deficiencies, and instead focus on identifying specific food sensitivities with a balanced approach, possibly incorporating a low-FODMAP diet under professional guidance.

Incorporating fiber into your diet gradually can help manage symptoms, starting with whole grains, fruits, and vegetables, while opting for fiber supplements as a less irritating alternative. Additionally, selecting healthcare providers who understand and empathize with IBS can significantly improve management effectiveness.

Limiting the intake of junk food is crucial due to its high fat and low fiber content, which can exacerbate IBS symptoms. Also, reducing the consumption of artificial sweeteners and food additives can mitigate gas and bloating.

Moreover, ceasing excessive stool monitoring, shedding embarrassment about digestive symptoms, and being open about your condition can reduce stress and foster support. It's important to avoid social isolation by maintaining social connections and activities that uplift your mood, while also setting realistic limits and prioritizing self-care to manage IBS-related challenges effectively.

References:

Cozma-petruț A, Loghin F, Miere D, Dumitrașcu DL. (2017). "Diet in irritable bowel syndrome: What to recommend, not what to forbid to patients!" World Journal of Gastroenterology.

National Institute for Diabetes and Digestive and Kidney Diseases. "Eating, diet, & nutrition for irritable bowel syndrome."

Article Source: <https://candor.health/10-coping-strategies-for-your-ibs/>